

# Arthritis in Kansas

A common cause for disability



## What is Arthritis?

Arthritis is a term used for a collection of more than 100 medical conditions that affect the joints, the most common of which is osteoarthritis. Other forms of arthritis include rheumatoid arthritis, gout, lupus and fibromyalgia. Common arthritis symptoms include pain, aching, stiffness and swelling in and around the joint. Some forms of arthritis can affect multiple organs and cause widespread symptoms.<sup>1</sup>

## Arthritis in the U.S.

Arthritis is the nation's most common cause of disability. An estimated 52.5 million U.S. adults have doctor-diagnosed arthritis. The number of adults with arthritis is expected to increase to 67 million by 2030. The number of adults reporting arthritis attributable activity limitation (AAAL) in 2012 increased to 22.7 million, matching and exceeding previous projected increases.<sup>2</sup> In 2010, the estimated total cost of arthritis was \$121 billion per year in direct medical costs and \$16 billion per year in absenteeism costs.<sup>10</sup>

## Arthritis in Kansas

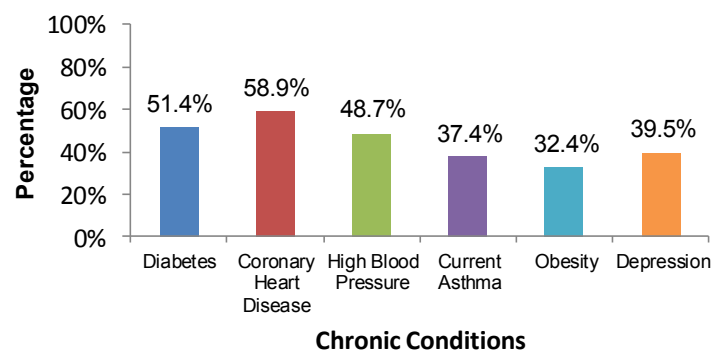
- Arthritis affects 1 in 4 (24%) Kansas adults 18 years old and older - more than 518,650 people.<sup>3</sup>
- Arthritis is more common among women than men in Kansas. More than 1 in 4 (28%) women and 1 in 5 (20%) men have arthritis.<sup>3</sup>
- Nearly 40 percent of Kansas adults between 55 and 64 years old have arthritis and approximately half of adults 65 years old and older have arthritis in Kansas.<sup>3</sup>
- Nearly 1 in 4 (25%) white adults in Kansas have arthritis as compared to 1 in 8 (12.6%) adults of other races. About 1 in 10 (11.7%) Hispanic adults in Kansas have arthritis.<sup>3</sup>
- The direct medical cost of arthritis in Kansas is approximately \$1.17 billion per year.<sup>10</sup>

## Arthritis and Other Chronic Conditions

Arthritis affects a large proportion of Kansas adults who also have other chronic health conditions. The presence of arthritis may contribute additional barriers to adopting a healthier lifestyle, including regular physical activity, which is an important part of disease management. Among Kansas adults:

- About half of those with diabetes (51.4%) and high blood pressure (48.7%) also have arthritis.<sup>3</sup>
- About 3 in 5 (58.9%) with heart disease also have arthritis.<sup>3</sup>
- Approximately 1 in 3 with current asthma (37.4%) or who are obese (32.4%) also have arthritis.<sup>3</sup>
- About 2 in 5 (39.5%) with depression also have arthritis.<sup>3</sup>

**Percentage of Kansas Adults with Arthritis and Other Chronic Conditions, 2011**



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## Arthritis and Physical Activity

Physical activity provides significant health benefits for adults. Walking is a type of physical activity that is accessible, inexpensive and can be done year-round. Walking is the most preferred exercise among adults with arthritis and has been shown to ease arthritis-associated symptoms, help improve physical function, speed, strength, balance and quality-of-life.<sup>5,6,7</sup>



- Among Kansas adults with arthritis, approximately 3 in 4 (72.0%) reported walking less than 90 minutes per week.<sup>4</sup>
- Higher prevalence of adults with arthritis who reported walking less than 90 minutes per week was seen among those who have lower income and those who have lower education.<sup>4</sup>
- Prevalence of walking less than 90 minutes per week was also relatively higher among adults with diabetes, those who are obese, those who self-reported fair or poor perceived health and those living with a disability.<sup>4</sup>

## Arthritis and Obesity

Obesity is associated with progression of arthritis, activity limitation, disability, reduced quality-of-life and poor clinical outcomes.<sup>8</sup>

- 1 in 3 (33%) Kansas adults with arthritis are obese.<sup>3</sup>

## Arthritis and Activity Limitation

- About half of Kansas adults (48.8%) experience arthritis that affects their usual activities.<sup>4</sup>
- Around 18.7% of adults with arthritis reported they have arthritis-attributable social participation restriction, such as going shopping, to the movies, or to religious or social gatherings.<sup>4</sup>

## Arthritis and Work

- Among adults with arthritis who currently work for at least one hour per week, more than one-third (36.2%) have reported that arthritis affects the work they do.<sup>3</sup>
- About 5.6 percent of adults with arthritis reported they missed at least one day of work in the past 30 days due to arthritis or related symptoms.<sup>3</sup>
- Evidence-based interventions to reduce physical and functional limitations attributed to arthritis complement comprehensive worksite health promotion programs.<sup>9</sup>
- Approximately 229,000 employed Kansans received care for their arthritis in 2010. Arthritis contributed to an average of 2.9 missed days of work per employed person in Kansas at an estimated absenteeism cost of \$157 million.<sup>10</sup>

## Arthritis Self-Management

Research has shown that self-management programs decrease physician visits, increase communication with physicians, increase exercise and reduce health care costs.

- 1 in 8 (12.1%) Kansas adults with arthritis have attended an educational course or class to learn how to manage their arthritis.<sup>3</sup>
- 1 in 6 (17.6%) Kansas adults with arthritis have attended a physical activity class to learn to manage their arthritis.<sup>3</sup>

## Kansas Arthritis Program (KAP)

Improving the quality of life of Kansans with arthritis through the promotion of physical activity and evidence-based self-management programs is the overall goal of the Kansas Arthritis Program (KAP). Self-management programs provide individuals with the skills necessary to reduce the pain, stress, fatigue and decreased muscle strength often associated with arthritis.

The evidence-based self-management programs currently promoted by KAP are:

- Chronic Disease Self-Management Program
- Arthritis Foundation Walk With Ease Program
- Arthritis Foundation Exercise Program
- Arthritis Foundation Aquatic Program

KAP is a partnership of the Arthritis Foundation chapters of Kansas and Western Missouri/Greater Kansas City, and the Kansas Department of Health and Environment Bureau of Health Promotion. Program staff do not give medical advice or provide information about specific medications.

### For more information on arthritis self-management, please contact:

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### References

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